

## **What should I do when my child is overly critical of themselves?**

Give your children encouragement and praise. When correcting them, be honest and supportive. Never cause your children to feel bad about themselves. Do not be overly critical of yourself. If you say unkind things about yourself, your children will learn to talk critically about themselves.

Help your children to see their good points by talking to them often in attempt to help them feel better. Explain that everyone is different and unique. Discuss strengths and weaknesses of individuals your children know. Make certain that you do not contribute to your children's critical thinking by discussing their weight, grades, looks or other issues in public.

Involve your children in some extra activities so that they can make some friends, become comfortable in various situations, and feel good about their involvement in activities. Make positive comments when talking with your children about activities and events. Do not "make fun" of your children when they cry or avoid something new. Encourage your children to accept improvement rather than insisting on excellence. Don't allow your children to remain in activities where they cannot succeed.

Identify the comments your children make that are critical. Help your children overcome the points with which they do not feel comfortable. For example, if your children are having problems in school, get them a tutor. If your children are critical of their swimming ability, place them in swimming lessons. Carefully consider age and development when choosing activities for your children.